

# Boost your protection.



**Get a COVID-19 booster dose.**



## What do the experts say?

The Centers for Disease Control and Prevention recommends that long-term care residents ages 18 and older get a COVID-19 vaccine booster dose.

## Who's eligible?

Any long-term care resident age 18 years and older who is fully vaccinated is eligible.

Because residents in long-term care live closely together in group settings and are often older adults with underlying medical conditions, they are at increased risk of infection and severe illness from COVID-19.

COVID-19 vaccines may be administered to most people with underlying medical conditions.

## What is a booster?

If you are fully vaccinated, you are still protected from COVID-19, particularly against serious illness. But that protection goes down over time and a booster shot improves the vaccine's effectiveness.

Ask your facility how you can get a booster dose. Bring your vaccination card to your appointment if you can.

Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

For people who received either Pfizer-BioNTech or Moderna's COVID-19 vaccine series, a third dose of the same mRNA vaccine is recommended. A person should not receive more than three mRNA vaccine doses. If the mRNA vaccine product given for the first two doses is not available or is unknown, either mRNA COVID-19 vaccine product may be administered.

## Here are some facts you should know:

- **Older adults** are more likely to get **severely ill from COVID-19**
- More than **80%** of COVID-19 deaths occur in people **over age 65**
- More than **95% of COVID-19 deaths occur in people older than 45**

